

## A resolution research resource

Written by Vickie Hardin

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We all have good intentions when it comes to making New Year's resolutions. Whether it is self-improvement, learning a new language, taking up a new hobby, tackling your budget, or even going back to school doing a little research ahead of time will improve your chances of following through with your intentions.

"The Guru in You: A personalized program for rejuvenating your body and soul, unlock the powers of health and healing within" by Cameron Alborzian and "The Amen Solution: The brain healthy way to lose weight and keep it off" by Daniel G. Amen offer current advice and methods for self-improvement and life-style changes.

"Writing Better English for ESL Learners" by Ed Swick is an excellent tool for those learning how to write and master the English language. Also, "Spanish Demystified" by Jenny Petrow and "Mastering Japanese Kanji: The innovative visual method for learning Japanese characters" by Glen Nolan Grant make learning these languages easier. Mango Languages, found on the library website, is an interactive program that has over 20 different languages to choose from. Go to [www.bossierlibrary.org](http://www.bossierlibrary.org) and click on the Mango Languages icon.

Cake decorating is as popular as ever. "The Complete Photo Guide to Cake Decorating" by Autumn Carpenter makes a good supplemental instruction manual for anyone interested in taking classes. "Handmade Chic: Fashionable projects that look high-end, not homespun" by Laura Bennett is full of ideas for the creative do-it-yourself person.

Finances can be scary. It is easy to put off doing what we do not like to do, but "Bookkeeping Kit for Dummies" [electronic resource] by Lita Epstein and "The MoneySmart Family System: Teaching financial independence to children of every age" by Steve and Annette Economides can take the fear and procrastination out of managing money. Teaching your children at an early age will go a long way toward making them better financiers when they are grown.

Finishing your education is a major decision not to be taken lightly. If you are contemplating returning to school or entering college for the first time, publishers Peterson and Barron have many of the college entrance exam manuals to help you get ready. "Peterson's Master the GMAT" and "Barron's ACT" by George Ehrenhaft are two examples of the collection they offer. Go to the library website to view the entire collection.

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Money is a big consideration when making plans for college. "The Community College Career Track: How to achieve the American dream without a mountain of debt" by Thomas J. Snyder, gives important information on how to navigate the maze of financing your education.

Resolve to use the library this year. There is something for everyone.

Happy New Year!

### New Books

#### Fiction

"The Testament of Mary" by Colm Tóibín  
"The Choice" by Robert Whitlow  
"The Law Given" by Herman Wouk  
"The First to Say No" by Charles C. Anderson  
"The Turtle-girl from East Pukapuka: a novel" by Cole Alpaugh  
"The Twelve Clues of Christmas" by Rhys Bowen  
"Ghosts of Manhattan" by Douglas Brunt  
"Abducted" by Janice Cantore  
"Captain Vorpatril's Alliance" by Lois McMaster Bujold  
"Threat Vector" by Tom Clancy

#### Nonfiction

"Lost at Sea: the Jon Ronson mysteries" by Jon Ronson  
"Nickel and Dimed" by Barbara Ehrenreich  
"The Oath" by Jeffrey Toobin  
"True Food" by Andrew Weil  
"Untouchable" by Randall Sullivan  
"Silent No More" by Aaron Fisher  
"All In: the education of General David Petraeus" by Paula Broadwell  
"The Smart Guide to Fighting Infections" by Anne Maczulak  
"WOW, Your Mom Really is Crazy" by Carol Gray  
"Eating Aliens" by Jackson Landers

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